

Pork CutletsYA15

Number of Servings: 15 (151.7 g per serving)

Amount	Measure	Ingredient
3 3/4	lb	Pork, chop, sirloin, brld
4 3/4	Tbs	Flour, all purpose, white, bleached, enrich
1/8	tsp	Spice, pepper, black, ground
3.00	cup	Milk, nonfat/skim, w/add vit A & D
1/3	cup	Margarine, soft, safflower oil
1 3/4	cup	Celery, fresh, diced
7.00	Tbs	Flour, all purpose, white, bleached, enrich

Nutrients per serving

Nutrition Facts

Serving Size (152g)
Servings Per Container

Amount Per Serving

Calories 240 **Calories from Fat 100**

% Daily Value*

Total Fat 11g **17%**

Saturated Fat 3g **15%**

Trans Fat 0g

Cholesterol 75mg **25%**

Sodium 110mg **5%**

Total Carbohydrate 8g **3%**

Dietary Fiber 0g **0%**

Sugars 3g

Protein 27g

Vitamin A 6% • **Vitamin C 2%**

Calcium 6% • **Iron 8%**

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Instructions

Yankton recipe

Order bonless pork choops or cutlets, cut to approximately 4 oz each.

Mix flour and pepper. Dredge the cutlets in the flour/pepper mixture. Place single layer on sheet pans, bake at 350 degrees F for 15 minutes or until brown. Remove cutlets from oven and arrange in counter pans. Prepare a celery white sauce by sauteeing the celery in the margarine, stirring the flour in and cooking to a bubbly paste. Heat milk and slowly add the hot milk to the paste, stirring constantly until a cream soup consistency. Pour evenly over cutlets, cover pans and continue to bake for 1 hour or until tender.

Serve 1 cutlet/serving.

1 serving = 1/2 CS

Cooking :

- Cook to an internal temperature of 165 F for 15 seconds.

Holding :

- Hold for hot service at an internal temperature of 165 F or higher.

Storing :

- Store refrigerated left overs at an internal temperature of 32 - 36 F.

Reheating :

- Reheat to an internal temperature of 165 F for 15 seconds.